



1. I was practicing knee kicks during recreation. As I clinched and brought my ~~left~~ right knee up, I felt the same kind of "funny" sensation in my right foot and ankle as if I hit the funny bone. This continued since recently I was practicing knee kicks again and I felt the same feeling in my right foot and ankle.
2. In segregation cells, the lights are on at day/night level 24/7. This has caused me sleep deprivation, etc. It is impossible to get deep sleep due to this housing condition. Also due to quality of the mattress, sleeping on the sides ~~or~~ or the belly is extremely uncomfortable and even painful.

The court should compel the Gregg County Jail to at least dim the light at night.

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